

School Counselors Corner
October 2020
**Character Education Word of the
Month**

RESPECT

In order to teach children to value respect, we need to model and encourage everyday acts of kindness, consideration, honesty, open-mindedness, and gratitude as well.

Good Manners

Acting polite isn't merely a formality, says psychotherapist Ingrid Schweiger, Ph.D., author of *Self-Esteem for a Lifetime*. "When kids say 'thanks' after something is given to them, they acknowledge that there's a mutual exchange going on, a give-and-take," she explains. And by going through the motions, they eventually learn not to expect the world on a silver platter. When your kids successfully mind their p's and q's, reinforce their behavior by offering praise -- and mentioning why those good manners mattered so much. "I tell my children, 'It was very nice the way you thanked Tommy's mom for the cookies. I know it made her feel appreciated for all of her hard work'".

Dates to know:

October 5th- 9th- Week of Respect

October 19th-23rd- Virtual Anti-Bullying Summit

October 21- Unity Day celebrating National Bullying Prevention

October 23rd-31st- Red Ribbon Week



Week of Respect

As many of you may know, the Week of Respect is from October 5th-9th! The Week of Respect is a week during which the students take part in fun and educational activities that focus on encouraging respectful behaviors. We hope that these activities are effective in motivating the students to continue their efforts in making Hamburg School a safe, healthy, welcoming and fun school climate.

Mark your Calendars for the Spirit Days to celebrate Week of Respect!

What is the Red Ribbon Week?

- Red Ribbon Week is a week-long USA campaign that is celebrated from October 23rd to 31st each year.
- It is an alcohol, tobacco and anti-drug and violence prevention awareness campaign aimed at educating our youth about the harmful effects of alcohol, drugs and substances.
- During this week students are encouraged to make a pledge to live a drug, alcohol, and substance free life.



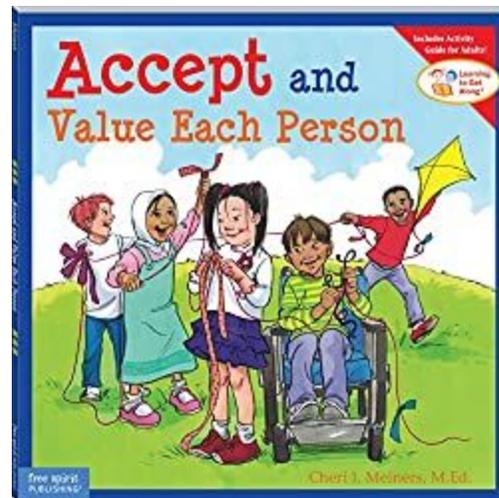
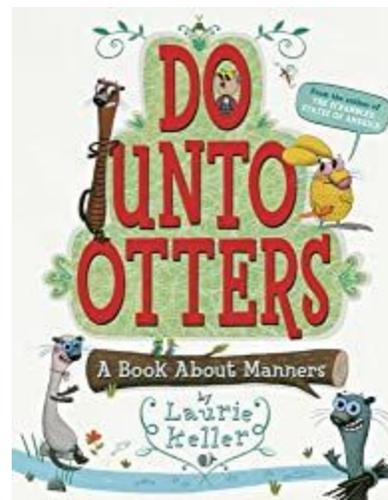
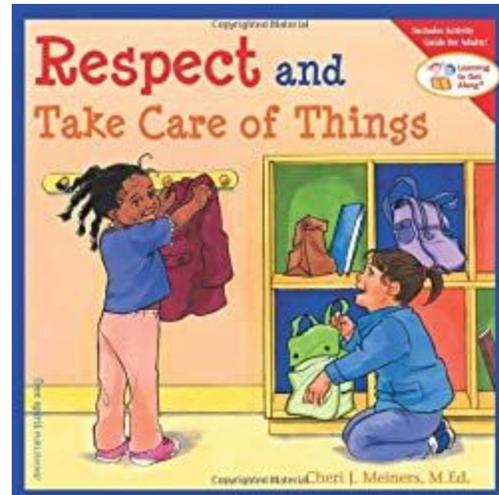
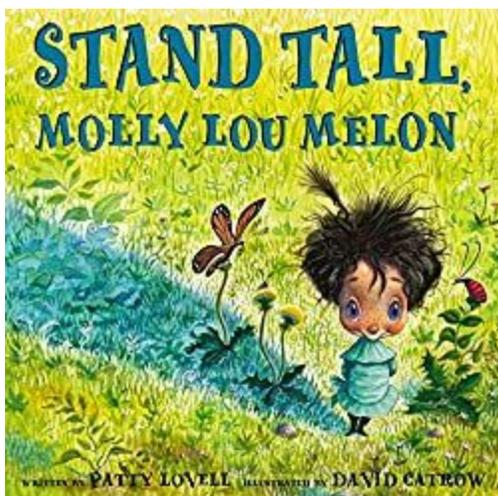
Did you know?

Kids who understand that there is more than one way to do or think about something will be better problem-solvers in all aspects of their life. Encourage open-mindedness!

More Good Manners

Make it clear that no matter how upset your child may be, it's never acceptable for him or her to lash out at another person. Then help him or her express him/herself by making "I" statements (as in "I feel frustrated!") rather than ones that start with "You" (as in "You are stupid!"). You can also encourage him/her to put his feelings into words by asking him/her questions. (If he/she's making sarcastic comments, say, "You seem upset. Let's talk about it," or if he/she's yelling, you might ask, "You sound really mad to me. Can you tell me what's going on?"). Giving your child a positive way to express emotions lets him/her know that while it's natural to feel angry or frustrated from time to time, that doesn't make it okay to insult others or scream and shout. Part of teaching respect is teaching kids that when we make mistakes, we say we're sorry -- it shows that you care enough about the person you've disrespected to take responsibility for your mistakes. So lead the way by apologizing yourself when it's appropriate, and urge your kids to do the same, once they've calmed down about what's happened.

Some books to read to your child about RESPECT and KINDNESS



Ms. Catherine Blake
School Counselor: cblake@hamburgschool.com

